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MONTHLY

# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
and groups promoting nutrition education

WAR FOOD ADMINISTRATION, Office of Distribution

Dallas, Texas  
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Meat rationing gives everyone an opportunity to buy a fair share of the available meat. It does not, of course, always provide for a choice quality of meat. Because the country's meat supply is becoming tighter, many point-free cuts have gone back on the ration list so that everyone can get a share of the available supply.

Today the housewife is confronted with the problem of providing her family with wholesome meals which use the available meats and which the family will enjoy. The problem requires skill and resourcefulness but the point-thrifty housewife accepts the challenge as a part of her wartime routine.

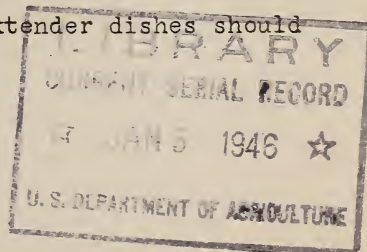
She balances her ration points through careful meal planning...she considers it her patriotic duty to make use of the available foods... she gives her family nutritious and wholesome meals, too.

Here's how she does it.

## SHE KNOWS HER MEAT EXTENDERS

Meat-extender dishes are made by combining meats with other foods, such as vegetables, cereals, legumes, milk and eggs. When meats are extended it must be remembered that the meat flavor is extended but not its food value.

For that reason, good-sized portions of meat-extender dishes should be served.



If a comparatively small amount of meat has been used in the main dish, the protein value of the meal may be improved by serving a dessert made with milk and eggs. For example, if stuffed green peppers have been served as the main dish then the nutritive value of the meal will be improved if baked custard is used as the dessert.

#### SHE KNOWS HER MEAT ALTERNATES

Meat alternates are those dishes used in place of meat. Poultry, fish, cheese, eggs, milk, dry peas and beans, soybeans and peanuts are all good sources of protein and can be used as meat alternates, interchangeably with meat.

Legumes and nuts, however, contain protein of lower nutritive value than animal protein. When these are used as alternates for meat, the nutritive value of the meal is improved by serving milk, cheese or eggs, whether in combination with or accompanying these meat alternate dishes.

#### SHE KNOWS AND USES THE POINT-FREE MEATS

Ration-free Utility lamb and veal are good meats and are just as high in nutritive value as top grades of the corn-fed meats. The secret of a delicious main dish of Utility meat is in the cooking... low temperature with moist heat.

Stews, meat pies, meat loaves, boiled dinners of the point-free Utility lamb and veal or the point-free mutton help to balance the family ration-point budget.

Other no-point meats for the family are hearts, kidneys, lamb and pork liver, sweetbreads and tongue. Don't be discouraged if at first the family is inclined to turn up their noses at these cuts.

Try them again and again, in various ways because often an unfamiliar food...spurned at first introduction at the family table...becomes a favorite if given half a chance. The stuffed heart and the beef and kidney pie...unfamiliar to many a family before the war...are now popular with many.

#### SHE SERVES WELL-PLANNED, WHOLESOME MEALS

Planning is more than half the battle. When each day's meal must be made around the meat available in the market, last-minute shifts must often be made at the butcher's counter. This demands that meal plans be flexible so substitution can be made readily.

(Source for this material is the new 29-page pamphlet published by War Food Administration, "MAKING THE MOST OF MEATS IN UNDUSTRIAL FEEDING.")

The following menus for one week show how a family of four can have good wholesome dinners, easy on the pocketbook and ration points.

SUNDAY

Chicken fricassee  
Mashed potatoes - Green beans  
Orange salad  
Hot biscuits - butter or fortified margarine  
Vanilla ice cream - Honey sauce  
Milk

MONDAY

Lamb stew with potatoes, onions and carrots  
Red apple and celery salad  
Enriched bread  
Butter or fortified margarine  
Hot gingerbread  
Milk

TUESDAY

Braised stuffed beef heart - Gravy  
Parsley potatoes  
Green peas - Celery curls  
Whole-wheat bread  
Butter or fortified margarine  
Chocolate pudding  
Milk

WEDNESDAY

Pot roast of beef - Gravy  
Browned potatoes - Spiced beets  
Shredded lettuce salad  
Enriched bread  
Butter or fortified margarine  
Raisin rice pudding  
Milk



THURSDAY

Spaghetti with meat sauce\*  
Cooked carrot strips  
Mixed green salad with French dressing  
Whole-wheat bread  
Butter or fortified margarine  
Baked custard  
Milk

FRIDAY

Broiled fillet of halibut - Lemon slice  
Fresh spinach - Baked potatoes  
Chopped cabbage and green pepper salad  
Enriched bread  
Butter or fortified margarine  
Oatmeal cookies  
Milk

SATURDAY

Pork sausage  
Baked sweet potatoes  
Boiled green cabbage - Crisp carrot sticks  
Whole-wheat muffins  
Butter or fortified margarine  
Baked apples with top milk  
Milk

\* Meat sauce made with leftover beef from pot roast.